



## Beet & Goat Cheese Salad with a Blueberry Balsamic Vinaigrette



CONTAINS

ALMONDS MUSTARD EGGS MILK

Nutrition Facts	
4 servings per container	
Serving Size	(374g)
Amount Per Serving	
<b>Calories</b>	<b>410</b>
% Daily Value *	
<b>Total Fat 24g</b>	<b>31%</b>
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol 200mg</b>	<b>67%</b>
<b>Sodium 450mg</b>	<b>20%</b>
<b>Total Carbohydrate 31g</b>	<b>11%</b>
Dietary Fiber 11g	39%
Total Sugars 13g	
Includes 2g Added Sugars	4%
<b>Protein 20g</b>	<b>40%</b>
Vit. D 1.2mcg 6%	Calcium 190mg 15%
Iron 4.4mg 24%	Potas. 820mg 17%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients

- 1 head Escarole Lettuce
- 1 head Frisee Lettuce
- 4 Beets, small
- 1 Cucumber
- 1 can Chickpeas
- 1 Fennel, bulb and top
- 1 cup Almonds, slivered/sliced
- ½ cup Goat Cheese
- 4 Eggs, Hard Boiled

### Vinaigrette

- ½ cup Blueberries
- ¼ cup Balsamic Vinegar
- 1 tsp Honey
- 1 tsp Dijon Mustard
- 1 tbsp Fennel Leaf
- ¼ cup Avocado Oil
- Salt and Pepper

### Preparation

1. **In a small pot add water and eggs.** Bring to a boil and continue to boil for 10 minutes. Remove eggs, crack the shells and submerge into ice cold water. Remove egg shells. Set eggs aside in the refrigerator to cool.
2. **Thoroughly wash all vegetables,** pat dry or use a salad spinner for lettuce.
3. **Remove the first layers of fennel.** Cut off the top and save the thin leaves for the vinaigrette. Cut bulb in half, and remove the core with a paring knife. Then slice the bulb lengthwise. Set aside
4. **Stack the lettuce leaves,** and slice into bite size salad pieces. Set aside.
5. **Cut the ends off of the cucumber,** and cut in half lengthwise. Then slice into bite size pieces. Set aside.
6. **Using gloves and a sheet of paper wax\***, cut off each end of the beets. Remove the skins with a peeler. Cut into slices and then into small matchstick pieces. Set aside.
7. **Add all the Vinaigrette ingredients** into a blender or food processor and blend/pulse until well mixed.\*
8. **In a large bowl,** add both lettuce, beets, cucumber, fennel, almonds and 4 tbsp of the vinaigrette. Toss with tongs until the dressing coats all the ingredients. Then add salad to the plate.
9. **Slice the eggs** and add 1 egg per salad plate. Then crumble some goat cheese on top. Serve and Enjoy!

### Tips\*

- ★ Using gloves and a sheet of paper wax will keep your fingers and cutting board from being stained with beet juice.
- ★ If you don't have either simply cut up the blueberries into small pieces and mash in a mixing bowl. Then add all other ingredients and whisk until well mixed.

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Please Remember to Wash and Return Your Food Bags

